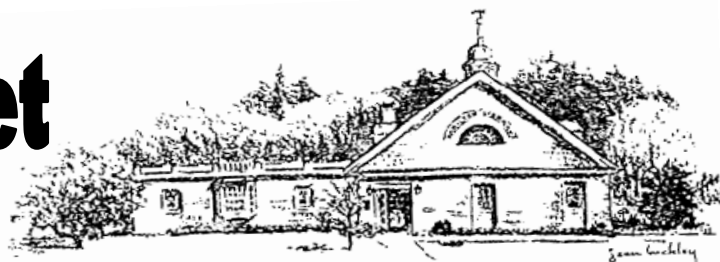


The Hamilton Hamlet

Monthly Newsletter of Town of Hamilton Council on Aging

299 Bay Road Hamilton, MA 01982 Phone: 978-468-5595



"The mission of the Town of Hamilton Council on Aging is to create a friendly and safe community for seniors by providing social services, transportation, education, health, recreation and leisure-time activities and resources that support their well-being and independence, and to assist seniors by advocating for supportive services which increase their ability to remain independent."

Hamilton Senior Center

Town Manager

Michael Lombardo

Center Staff

Mary Beth Lawton,

Director

Lucy Frederiksen,

Outreach

Council on Aging Board

Theresa "Mimi" Fanning,
Chairman

Nancy Longval

Betty Gray

Tom Hever

Steve Walsh

Newsletter Editor

Linda Spong

Senior Van Service

Beaumont Ambulance

DONATIONS TO THE COA

Please consider making a tax deductible * donation in memory of, or in honor of, a loved one. Or, if you prefer, you can support a service provided by the Hamilton Council on Aging. Donations may be mailed to the Hamilton Council on Aging, 299 Bay Road, Hamilton, MA 01982. Please contact the Director at 978-468-5595 for further information
*Please check with your tax expert to determine if this donation is right for you.

Get Into The Act!

"The Older Americans Act clearly affirms our Nation's sense of responsibility toward the well-being of all of our older citizens."
- President Lyndon B. Johnson (July 14, 1965)



50th Anniversary of the Older Americans Act of 1965

the communities of their choice for as long as possible.

Our Hamilton Council on Aging is a state-designated agency which provides support and services which include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, transportation, legal assistance and elder abuse prevention. By providing these resources locally, the Council on Aging works year-round to support the goals of the Older Americans Act each and every day.

Please join us at our Senior Center located at 299 Bay Road to take charge of your health, get engaged in local activities and make a positive impact in the lives of those around you. See you at the Senior Center! *Michael Lombardo, Hamilton Town Manager*

Greetings to all our residents aged 60 and older in the Town of Hamilton. May 2015 marks the 50th anniversary of the Older Americans Act which was signed into law by President Lyndon Johnson in 1965. It provides a nationwide aging services network and funding stream that helps older adults live with dignity in

For Ladies Only

Mother's Day Brunch

Friday, May 8 10 AM

At the Hamilton Senior Center

A wonderful group of young mothers from the Hamilton area invite senior women to enjoy a Mother's Day Brunch on Friday, May 8.

Please RSVP to Mary Beth at 978-468-5595 by May 1 to let us know if you can attend. Hope to see you there! Limited to first 30.

Lunch at the COA Senior Center

Maybe you weren't aware that you can have a hot lunch at the Senior Center five days a week now – well, you can! Monday through Friday at 12 noon, come and get it!

Last summer, the lunch program moved to the Senior Center after the new kitchen opened. Kim Johnson manages the program for Hamilton-Wenham residents, and has been working with seniors for 8 years. All you need to do is call her 24 hours in advance to let her know you are coming and you're in. It's a \$2 suggested donation when you come – just drop it in the provided basket. Her number at the Senior Center is 978-468-2616. Where else can you get lunch for \$2? All lunches include a main course, vegetables or potatoes, beverage, and fruit or dessert.

The menu for the month is available at the Senior Center, in the newsletter or Connections publication, and online on the SeniorCare website at http://www.seniorcareinc.org/documents/April_Luncheon.pdf, and perhaps a few other locations around the two towns.

For some people, this lunch could be the main

meal of the day, or the only hot meal they have all day. Other people come because they like the menu items for the day – how often does a person living alone make roast pork or lasagna? - to meet up with friends, to NOT COOK when they don't want to, or just because they are already here for an activity and don't want to go home before they go to their next activity at the Senior Center or elsewhere.

Don't feel like coming for the daily lunch? Try the monthly special events – Traveling Chef, where the chef actually prepares the food on site and serves it, or the monthly special lunch. For example, in May, the Traveling Chef is preparing fried chicken for Kentucky Derby on May 6, and the special lunch honors Mother's Day with stuffed chicken breast on May 7. Something to look forward to: in June, one lunch will be Kansas City brisket in honor of Father's Day – read that, BARBECUE! Other summer events to be announced will include a cookout, a picnic and ice cream sundaes!

Senior Center Goings-On

WEDNESDAY OPEN HOUSE

Open House starts at its 10 o'clock . Program at 10:30.

May 6

Bingo and Hot Dogs
(followed by Traveling Chef- please make reservation)

May 13

Comedy Show with Steve Henderson as character, "Gerry Atric" at 10:30

May 20

Presentation by Fitness Manager, Ross Ackley, from the Balance, Mobility and Wellness Center at Gordon College at 10:30

May 27

David Shikes will entertain with his comedy show called "How About A Little Humor" at 10:30

Quilter's Group



Tuesdays at 1:00 PM

We have started a group for people who already quilt and for those of you who would like to learn. Quilters meet on Tuesday afternoons at 1:00. The group is to be led by Rachel Pearlstein, who is an experienced quilter. Please contact Mary Beth at 978-468-5595 or Rachel at 978-468-2014 for more information. Quilters will need to bring their own sewing machines.

**Join Us For Some
Vintage TV
1 PM Mondays,
April 23, 20, 27**



Enjoy vintage TV programs of the Dick Cavett and Mike Douglas Shows on DVD at the Senior Center. Shows are at 1:00 PM on Mondays (except for the first Monday of the month).

Look for announcements at the Senior Center about upcoming get-togethers to enjoy Red Sox games on our big-screen TV and join us as we cheer for our team together.



This Month at the Movies

Showtime on Thursdays 1:00 PM

May 7 "Whiplash" J.K. Simmons

Drama, Music. A promising young drummer enrolls at a cut-throat music conservatory where his dreams of greatness are mentored by an instructor who will stop at nothing to realize a student's potential.

May 14 "Wild" Reese Witherspoon, Laura Dern

Biography, Drama. A chronicle of one woman's 1,100-mile solo hike undertaken as a way to recover from a recent catastrophe.

May 21 "Big Eyes" Amy Adams, Christoph Waltz

Drama, Biography. A drama about the awakening of the painter Margaret Keane, her phenomenal success in the 1950s, and the subsequent legal difficulties she had with her husband, who claimed credit for her works in the 1960s.

May 28 "Selma" David Oyelowo, Carmen Ejogo, Tim Roth

Biography, Drama, History. A chronicle of Martin Luther King's campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965.

Special Meals for Seniors This Month



**Traveling Chef
Wednesday,
May 6 at Noon
"Kentucky Derby"**

Buttermilk Fried Chicken, Mac and Cheese with Browned Bread Crumbs, Sautéed Collard Greens, Cheddar Biscuit, Sweet Potato Pie. The meal is provided by Senior Care and Sidekim for only \$3. Call 978-468-2616 to make your reservations by May 4.

**SeniorCare
Monthly Special Lunch
"Kick-Off Spring"
Thursday, May 7 at
Noon**

Stuffed Chicken Breast, Twice Baked Potato, Sugar Snap Peas and Carrots, Raisin Bread, Strawberry Shortcake with whipped topping. Call 978-468-2616 to make reservation by March 10. Suggested donation \$2.

More News for Seniors and Friends

Seniors Helping Seniors

Once again, Seniors from the Hamilton-Wenham Regional High School graduating class of 2014 are giving back to the community. On Friday, May 28th from 8:30- 12:30, work groups of 4 seniors each will be working at the homes of senior citizens in the towns of Hamilton or Wenham.

Chores could include raking, cleaning out flower beds,, cleaning porch furniture, washing ground floor windows, etc. Tell us what kind of help you need.

If you would like some help around your home or property and would like a small group of high school seniors to help you, call Ms. Lisa Heitz by Wednesday May 14, 2014. Call 978-468-0496

HAMILTON WENHAM GARDEN CLUB PLANT SALE



Saturday, May 30
On the lawn of the
Hamilton Senior Center
9 AM to 12 PM

The HamiltonWenham Garden Club has many members who are experienced and accredited gardeners who have a knack for growing plants that do well in our climate! All plants at this sale have been grown with love and care which are then potted up to share. They're also very affordable, with proceeds going directly into our civic and club activities/outreach. We also have several HWGC members who grow plants in their green houses who often bring in specialized plants. *Be sure to arrive early to get the pick of the best!* We'll have additional garden items for sale and there is always a wealth of knowledge you can obtain just by meeting some of our members who are there to assist.

In the event of rain, the plant sale will be held next door at the Winthrop School.

ON THE ROAD WITH RACHEL

Mimi is taking a hiatus running our trips but in the meantime Rachel Pearlstein will be coordinating our spring, summer & falls excursions. We are looking to do some museum tours, enjoy Boston in August and see some foliage in the fall. If you have any ideas for trips, please call Rachel at 978-468-2014 with your ideas. We will be doing more local trips using our senior transportation van to keep prices affordable and trips to a six hour window.

Can You Say Road Trip?

Seniors You Might Like to Know by Betty Gray

Bev Woodin is an 87 year old Hamilton resident of 2 years. She moved here from Vermont to live with her son and family in Hamilton after the death of her husband Howard. Bev was born and raised in Scotia, N.Y. Her memories of her childhood include collecting stamps for ration books, baby sitting and especially camping with her parents and siblings in Maine at York Beach and spending lots of time at Lake George in NY. She has a degree in teaching from New York State Teachers College and a graduate degree from Middlebury College in Vermont. During her time of growing up and going to school, she became an avid figure skater and especially a very talented painter.

While attending college, she met her husband who was introduced to her by her cousin. Howard was a botanist and environmentalist and teacher who was growing trillium plants. She spent a lot of her dating time with him helping him collect these plants. They were married close to 60 years, raised 2 children and have 3 grandchildren. Throughout their married life, Howard had speaking engagements of environmental and ecology subjects which gave them the opportunity to travel throughout the United States, Canada, Europe, England, Holland and her favorite France, especially Paris.

Bev had her own profession as a teacher of art and poetry. She has won several awards including Outstanding Teacher of the Year from the school department in Middlebury, Vermont. She founded the Middlebury Art League, and they exhibited yearly on the village green and had monthly meetings at the Dog Team Restaurant where they also exhibited. She is quite a gifted painter, mostly of landscapes and has given her art away to schools and hospices. She likes living in Hamilton because it is pretty, it is near the ocean and it reminds her of Middlebury. She has no bucket list and just enjoys spending time with her family. You may see some of Bev's art work exhibited at the Hamilton Senior Center.



Beverly Woodin

Senior Health and Wellness

Arm Chair Yoga

Monday Mornings 10:30 to 11:30

- **Cost:** First timers can try a class for free. \$8 for per class for drop-ins or \$35 for 7-week series



Ageless Grace

Tuesdays from 10 to 10:30 AM

- Based on Science of Neuroplasticity
 - Exercise Your Brain
- Maintain 21 Physical Skills for Lifelong Function
 - Natural and Organic
 - Focus on Body and Mind
- Can be done Standing, Sitting or In Bed
 - Read more at agelessgrace.com

Come and Give this FREE program a try!

15 Minute On-Site Massage

Our Board-certified masseuse will massage back, arms, hands, shoulders, and even your head if you would like.

- **Where:** Hamilton Senior Center
- **When:** Second and Fourth Mondays from 9 to 10:30 AM
- **Cost:** \$15 for 15 minutes
- **APPOINTMENT NECESSARY.** Call or email Mary Beth



Look for Tai Chi to return

to the Senior Center on July 2, 2015

Gentle Joints

Friday Mornings at 10:00 AM

- **Cost: FREE**, courtesy of Essex Park Rehabilitation and Nursing Facility, Beverly, MA

This Arthritis Foundation Exercise Program was developed especially for people with arthritis who wanted to maintain their fitness goals while reducing arthritis pain. Foundation certified instructor, Linda Greenwald, leads our seniors in this class and provides lots of individual attention to participants. Sneakers and light hand weights are recommended. Exercise bands and tubing are provided. For more info, contact Mary Beth.

“Witness the Fitness”

Walking Fitness program resumed on April 23 and runs for 8 weeks.

Here are some of the proposed walking trails and distances depending on participants abilities, weather and trail conditions.

- 1.3 Miles Myopia Schooling Fields and gasline trail (HAMILTON)
- 1.4 Miles Julia Bird Reservation (IPSWICH)
- 1.5 Miles Ipswich River Wildlife Sanctuary (TOPSFIELD)
- 1.6 Bradley Palmer (Willowdale Road to Asbury Parking lot along the river (HAMILTON)
- 1.7 Donovan Hill/ Masconomet's grave (HAMILTON)
- 1.8 Great Marsh lookout (HAMILTON)
- 1.9 Ravenswood Park (GLOUCESTER)
- 2.0 Pingree Woods Drop off @ Pingree, 2 Mile walk back to COA via trails

It's not too late to start. Speak to Mary Beth about joining this lively group.

More Free Walking Programs for Seniors

**WALKING CLUB AT GORDON COLLEGE
BENNETT CENTER**

Monday, Wednesday, Friday 9:30 - 11:30 AM
(Get pass from Hamilton Recreation Dept)



**HAMILTON RECREATION CENTER
(BEHIND LIBRARY)**

Tuesday and Thursday from 12:30 - 2

Free Hearing Screenings

Dr. Heidi Anderson will be conducting her monthly hearing screenings at the Wenham Senior Center on Monday, May 11. Appointments run every 10 minutes from 12 to 2 PM. Please call 978-468-5595 for an appointment.

HW Podiatry

Bring Insurance Card

Podiatry appointments switch between the Wenham Senior Center & the Hamilton Senior Center on the 4th Wednesday of the month. He will be in Wenham on Wednesday, May 27 at 9:00. Call 978-468-5534 to make an appointment.

Free Blood Pressure Screening

On second and fourth Wednesdays 10 to 11 AM at the Hamilton Senior Center.



Outreach and Community Page



OUTREACH CORNER

by Lucy Frederiksen

Welcome to May, everyone! With luck, it will really BE spring now and winter's "glaciers" will have vanished!

May is Older Americans Month, to honor older residents who remain a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can "Get into the Act." While the Hamilton Council on Aging and our Aging Services Access Provider (ASAP) SeniorCare provide a variety of services – social, medical, exercise, informational, protective and nutritional - to older

residents year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities.

It is clear that seniors are still a force in Hamilton: a quick and informal survey of the town's appointed and elected committees and boards, as listed on the town website, showed that slightly more than half of the town's "volunteers" are aged 60 and over, 59 out of 108. So how are you "Getting into the Act"? Come in and tell us your story of what you are involved in, or what programs you might like to have offered at the Senior Center!

May is also National Blood Pressure Month. The Center for Disease Control and Prevention web site says, "One of three American adults has high blood pressure, also called hypertension. That's 67 million people who have to work to keep their blood pressure in check each day. Unfortunately, more than half of people with high blood pressure do not have their condition under control." Anomalies in blood pressure are symptoms of a variety of health issues, as well as a health issue on its own. You can get your blood pressure checked [HERE](#) on the second and fourth weeks of the month during Open House, starting at 10 am. It's just one of the services the COA offers to older Americans in the two towns.

The Hamilton-Wenham **Low Vision Group** will meet on Tuesday, May 12 at 10:30 am. Make a reservation and stay for the congregate lunch at noon, a service provided by SeniorCare at the COA; call Kim at 468-2616.

You can reach Lucy at the Hamilton Senior Center on Tuesday Wednesday and Thursday from 8AM until 1 PM. Call for an ap-

Seniors Help Children – COA Charitable Activities



The Doll Friend Project

Hamilton Doll Maker, Lisa Press, makes dolls for children in the foster care system and

children without homes. This charitable part of her business is called "The Doll Friend Project". Some of our seniors are helping to sew or knit simple clothes or quilts for the dolls she donates. Others who are interested are encouraged to join in. All patterns and fabrics will be provided and instructions, if needed, are available. Please let Mary Beth know if you might be interested in becoming involved in this project to make life better for homeless and foster care children.

Tab Collection Fundraiser for Shriner's Hospitals for Children

The Low Vision Group that meets at the Hamilton COA on the 2nd Tuesday of each month is running an aluminum can tab collection program to raise funds for the Shriners Hospitals for Children.

According to the Shriners' web sites, Shriners have been collecting the pull-tabs or "pop-tops" from cans since 1989, recycling them, and putting the money toward programs that directly benefit children. The reason to collect tabs only? They are the only pure aluminum part of the can – and beverage cans can still be returned for deposit even without the tab! (Aluminum doesn't stick to a magnet.)


Former Wenham Postmaster Don Luxton, a Mason and a Shriner, has offered to deliver the pull tabs if we collect them!



May 2015 CALENDAR



Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<div>  <ul style="list-style-type: none"> • Bolded items are activities or programs which are unique and not scheduled on a regular basis • <u>Underlined items require sign-up or reservation</u> </div>				
				1 10:00 Gentle Joints 12:00 <u>Lunch</u>
4 9:00 COA Board Meeting 10:30 Chair Yoga 1:00 Reader's Group	5 10:00 Ageless Grace 12:00 <u>Lunch</u> 1:00 Quilting Group	6 10:00 Open House 10:30 Bingo and Hot Dog 12:00 <u>Traveling Chef</u>	7 10:00 <u>Witness the Fitness</u> 12:00 <u>Monthly Lunch Special</u> 12:30 -2:00 Senior Walking @Rec Center 1:00 Movie : "Whiplash"	8 10:00 Mother's Day Brunch 10:00 Gentle Joints 12:00 <u>Lunch</u>
11 10:30 Chair Yoga 12:00 <u>Lunch</u> 12:00—2:00 <u>Audiologist @Hamilton</u> 1:00 Vintage TV Show/ Dick Cavett/Mike Douglas	12 10:00 Ageless Grace 12:00 <u>Lunch</u> 1:00 Quilting Group	13 10:00 Blood Pressure Clinic 10:00 Open House 10:30 "Gerry Atric" Comedy	14 9:00—10:00 Sen. Tarr Constituent Visit 10:00 <u>Witness the Fitness</u> 12:30 -2:00 Senior Walking @Rec Center 1:00 Movie : "Wild"	15 10:00 Gentle Joints 12:00 <u>Lunch</u>
18 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Vintage TV Show/ Dick Cavett/Mike Douglas	19 10:00 Ageless Grace 12:00 <u>Lunch</u> 12:30—2:00 Senior Walking @Rec Center 1:00 Quilting Group	20 9:30 <u>Open House</u> 10:30 David Shikes-A Little Comedy 12:00 <u>Lunch</u>	21 10:00 <u>Witness the Fitness</u> 12:00 <u>Lunch</u> 12:30 -2:00 Senior Walking @Rec Center 1:00 Movie : "Big Eyes"	22 10:00 Gentle Joints 12:00 <u>Lunch</u>
25 CLOSED FOR MEMORIAL DAY	26 10:00 Ageless Grace 12:00 <u>Lunch</u> 12:30—2:00 Senior Walking @Rec Center 1:00 Quilting Group	27 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Ross Ackley-Balance Center 12:00 <u>Lunch</u>	28 9:00—12:00 <u>Seniors Helping Seniors</u> 10:00 <u>Witness the Fitness</u> 12:00 <u>Lunch</u> 12:30 -2:00 Senior Walking @Rec Center 1:00 Movie : "Selma"	30 10:00 Gentle Joints 12:00 <u>Lunch</u>

Hamilton Council on Aging
299 Bay Road
Hamilton, MA 01982

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Deliver to addressee or current resident



Hamilton Senior Van Transportation Information

Provider: Beauport Ambulance Service

Booking Line Phone Number: 978-281-6955, 24-hour open dispatch line

Cost: **FREE** for destinations listed. **Donations accepted.** Long distance outings offered at discounted rates.

Hours of Operation: Monday through Friday, 8 AM until 4:30 PM (late appointment accepted if necessary)

Booking a Pickup: Can be done 24 hours a day. 24-hour notice needed (though exceptions can be made if possible.)

BOOK YOUR RETURN TRIP WHEN YOU BOOK YOUR PICK-UP

Points: Beverly, Hamilton, Wenham, Ipswich, Rowley, Rockport, Gloucester, Manchester, Essex, Danvers, Peabody

Shopping Trips: Two (2) shopping trips per week. Call for pick-up. Tuesday: Danvers Market Basket & Walmart.

Thursday: Rowley Market Basket.

Daily Senior Lunches

SeniorCare is serving daily lunches at the Hamilton Senior Center for all those age 60plus and their spouse of any age.



Meals include an entrée, side dishes, bread, milk and dessert. They are designed to be nutritious and flavorful. See menu is on page 6. Reservations are necessary and must be made 24 hours in advance by calling Kim at 978-468-2616. There is a voluntary donation of \$2.00 per meal.

Attorney Matt Karr's Law Clinic

Wednesday, May 27 12:30 PM

Call or email Mary Beth for appointment

Senior Center Movie DVD Library list is posted in entry bulletin board. Seniors may borrow movies for 3 days. See Mary Beth.